

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Illiana Health Care System

Doctoral Internship in Psychology Training Program 2024-2025



VA Illiana Health Care System Psychology Internship Program

Site Name:	VA Illiana Health Care System Danville Medical Center
Address:	1900 East Main Street Mental Health Service (116) Danville, IL 61832
Program Website:	https://www.danville.va.gov/careers/Psychology_Internship_and_Practicum_Program.asp
APPIC Match Numbers:	126912 Standard Clinical 126913 Neuropsychology
Application Due Date:	November 3, 2023 at 11:59pm EST
Training Year Start Date:	Monday, July 15, 2024

Accreditation Status

Our internship in Clinical Psychology at the VA Illiana Health Care System (VAIHCS) has been fully accredited by the Commission on Accreditation (CoA) of the American Psychological Association (APA) since 12/01/1976. Our most recent site visit took place in July 2018 and we are reaccredited through 2028.

Questions related to the program's accredited status should be directed to the Commission on Accreditation:
Office of Program Consultation and Accreditation
American Psychological Association
750 First St. NE, Washington, DC 20002-4242
Phone: (202) 336-5979
E-mail: apaaccred@apa.org
Website: <https://accreditation.apa.org/>

All other questions about the internship program may be directed to Patricia Smithmyer, Psy.D., Director of Psychology Training, at Patricia.Smithmyer@va.gov or 217-554-4605.

Table of Contents

Initial Post-Internship Positions

Application and Selection Procedures

Eligibility for VA Employment

Eligibility for Application to Internship Program

Application Requirements

Nondiscrimination Policy

Interview and Matching Process

Appointment Guidelines

Training Model and Program Philosophy

Veteran Care Functions

Program Aims and Objectives

Program Structure

Supervisory Assignments

Training Experiences

Internship Tracks

Rotation Options

Behavioral Health Interdisciplinary Program (BHIP)

Geriatric Clinic

Geropsychology/Community Living Center (CLC)

Health Promotion/Disease Prevention (HP/DP)

Home Based Primary Care (HBPC)

Inpatient Mental Health

Neuropsychology

Pain Management

Primary Care Mental Health Integration (PCMHI)

Posttraumatic Stress Disorder (PTSD) Clinic

Psychosocial Residential Recovery Treatment Program (PR RTP)

Substance Use Disorder (SUD) Clinic

Community Based Outpatient Clinic (CBOC)

Example Intern Placement Schedule

Additional Training Experiences

Facility and Training Resources

Requirements for Completion

Administrative Policies and Procedures

Training Staff Biographies

Psychology Setting

Living in Central [Illinois](#)

Initial Post-Internship Positions

Internship Admissions, Support, and Initial Placement Data

Initial Post-Internship Positions		
(Provide an Aggregated Tally for the Preceding 3 Cohorts)		
	2020-2023	
Total # of interns who were in the 3 cohorts	13	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	1	
	PD	EP
Academic teaching	3	0
Community mental health center	1	0
Consortium	0	0
University Counseling Center	0	0
Hospital/Medical Center	2	0
Veterans Affairs Health Care System	1	4
Psychiatric facility	0	0
Correctional facility	0	0
Health maintenance organization	0	0
School district/system	0	0
Independent practice setting	1	0
Other	0	0
Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.		



Application and Selection Procedures

Application and Selection Procedures

Date Program Tables are Updated: 06/30/2023

Internship Program Admissions

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

Eligibility for VA Employment

1. U.S. citizenship. VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection.
2. U.S. Social Security Number. All VA appointees must have a U.S. social security number (SSN) prior to beginning the pre-employment, on-boarding process at the VA.
3. A male applicant born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA intern.
4. Interns are subject to fingerprinting and background checks. Match result and selection decisions are contingent on passing these screens.
5. VA conducts drug screening exams on randomly selected personnel as well as new employees. Interns are subject to random selection for testing as are other employees.
6. To ensure shared responsibility between an academic program and the VA, there must be a current and fully executed Academic Affiliation Agreement on file with the VHA Office of Academic Affiliations (OAA). Most APA-accredited doctoral programs have an agreement on file.
7. TQCVL. To streamline the boarding process, VHA Office of Academic Affiliations requires completion of a Trainee Qualifications and Credentials Verification Letter (TQCVL). An Educational Official at the Affiliate must complete and sign this letter.
8. VA training occurs in a health care setting; some of the Veterans served by VA are elderly or infirm and could succumb to common illnesses like influenza. It is important to be able to document that your vaccinations are up to date. Additionally, maintaining a current flu and COVID19 vaccination during the training year (or taking additional preventative measures to limit patient exposure to the flu) will be required.

Eligibility for Application to Internship Program

1. Doctoral student in good standing at an American Psychological Association (APA) or Canadian Psychological Association (CPA) accredited graduate program in Clinical, Counseling, or Combined Psychology or Psychological Clinical Science Accreditation System (PCSAS) accredited program in Clinical Science. Persons with a doctorate in another area of psychology who meet the APA or CPA criteria for re-specialization training in Clinical, Counseling, or Combined Psychology are also eligible.
2. A minimum of 250 direct intervention and 50 direct assessment hours of documented, psychologist supervised direct client contact hours. These hours must be through practicum experience within an APA doctoral program in counseling or clinical psychology.
3. Completion of comprehensive examinations by submission of application.
4. Completion of dissertation proposal by submission of application.
5. Written verification by the Training Director of the doctoral program that the individual is approved for internship status by the Department.
6. All coursework must be completed prior to beginning the internship.
7. Completion of a minimum of two WAIS administrations with scoring and written report. WISC is also acceptable for meeting this requirement.
8. Completion of a minimum of two MMPI-2, MMPI-2-RF, MMPI-3, MCMI, or PAI administrations with scoring and integrated reports.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:						
Total Direct Contact Intervention Hours	Yes		Amount: 250 hours			
Total Direct Contact Assessment Hours	Yes		Amount: 50 hours			
Describe any other required minimum criteria used to screen applicants:						
See eligibility criteria above for additional screening criteria.						

Internship Admissions, Support, and Initial Placement Data

Date Program Tables are updated: 6/30/2023

Program Disclosures

Does the program or institution require students, trainees, and/or staff (faculty) to comply with specific policies or practices related to the institution's affiliation or purpose? Such policies or practices may include, but are not limited to, admissions, hiring, retention policies, and/or requirements for completion that express mission and values?	<p>_____ Yes</p> <p><u> X </u> No</p>
If yes, provide website link (or content from brochure) where this specific information is presented:	
N/A	

Selection Process

A selection committee composed of psychologists involved in training reviews each application. Applicants may seek consideration for one or multiple tracks but must specify in their materials which tracks the intern would like to be considered. We seek applicants who have a sound clinical and scientific knowledge base from their academic program, strong basic skills in assessment and intervention, and strong commitment to diversity and advocacy. Moreover, we are looking for applicants with the personal characteristics necessary to function well in our internship setting. Our selection criteria are based on our tutorial-apprenticeship model, and we look for interns whose training goals match the training opportunities and experiences we can provide.

The VA Illiana Health Care System in which our training program resides is an Equal Opportunity Employer; we are committed to ensuring a range of diversity among our training classes, and we select candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences. All things being equal, consideration is given to applicants who identify themselves as Veterans; as members of historically underrepresented groups on the basis of racial or ethnic status; as representing diversity on the basis of sexual orientation; or as representing diversity on the basis of disability status.

Application Requirements

The VAIHCS Psychology Internship participates in the APPIC Uniform Application Process, which can be accessed at <http://www.appic.org>.

We require the following information as part of your application:

1. Online APPIC Application for Psychology Internship (AAPI) submitted through the APPIC, including official transcripts.
2. Verification of Internship Eligibility and Readiness form to be completed online from your doctoral program's training director.
3. A cover letter which includes all of the following:
 - a. Which clinical track(s) you are applying to (Standard Clinical, Neuropsychology).
 - b. A ranked list of the three placement rotations that you would like to select for your internship year (selections will be used to help match prospective interns to potential supervisors for interviews. They cannot be guaranteed if selected as an intern.).
 - c. A statement regarding career goals or projected career aspirations.
4. Three letters of recommendation, with at least two of these from clinical/counseling supervisors. We request one letter from your current clinical supervisor.
5. A de-identified treatment or case summary.
6. A de-identified psychological assessment report (students applying to the neuropsychology track should submit a neuropsychological assessment report).

All materials must be submitted through the online APPIC application portal. No materials will be accepted through email or postal mail. **The application deadline is November 3, 2023.** Questions regarding our training program or our application process should be directed to:

Director of Psychology Training
Patricia J. Smithmyer, Psy.D.
VA Illiana Health Care System
1900 East Main Street
Danville, IL 61832
Patricia.Smithmyer@va.gov
(217) 554-4605



Nondiscrimination Policy

We believe that diversity among departmental members strengthens our staff, stimulates creativity, promotes the exchange of ideas, and allows us to provide more sensitive and effective patient care. We welcome diversity in our internship class, and we warmly encourage minorities and persons of diverse backgrounds of all types to apply to the VAIHCS internship. Equal opportunity laws and Department of Veterans Affairs regulations prohibit discrimination based upon race, color, national origin, limited English proficiency, age, sex, handicap, or reprisal. This applies to all programs or activities conducted by VHA. The VAIHCS Psychology Internship Program adheres strictly to all federal and local non-discrimination laws and policies.



Interview and Matching Process

We will invite top applicants to participate in a half-day interview. In an effort to reduce barriers in accessing our program, to promote equity in interviewing, and encourage diversity in applicants, the VAIHCS will offer all of its interviews through video-conferencing and telephone modalities to qualified applicants. An interview via one of these modalities is required of all applicants who make the final selection round.

Our interview notification date is **November 30th**. Interview days at VAIHCS are half-day commitments and are conducted virtually. Performance-based interviews will be conducted over three days in December and January (**Thursday, December 7; Wednesday, December 13th; and Tuesday, January 9th**) and will schedule with the option for a **morning or afternoon** session. All invitation emails are released at the same time to allow for equal opportunity to schedule a preferred interview date. As there are a limited number of spots available on each day, we ask the applicants to rank their date/time preferences to allow the greatest flexibility in scheduling for all applicants. Interview day appointments will be determined by the order in which emails are received.

Two training staff psychologists will interview each applicant. There will also be an opportunity to complete a virtual tour of the facility, meet with our current interns, and talk with potential supervisors in meet-and-greet sessions. Our supervisors will also provide information about our rotations, our VA culture, and our unique intern experiences. Applicants will have the opportunity to meet with the Director of Psychology Training to answer additional questions you may have.

The VA Illiana Health Care System training program will closely adhere to guidelines put forth by APA, VA, and APPIC. As required under APPIC policies, offers to interns may not be made before Match Day. All applicants must be registered with National Matching Services Inc. NMS Applicant Agreement packages can be obtained at www.natmatch.com/psychint.

Appointment Guidelines

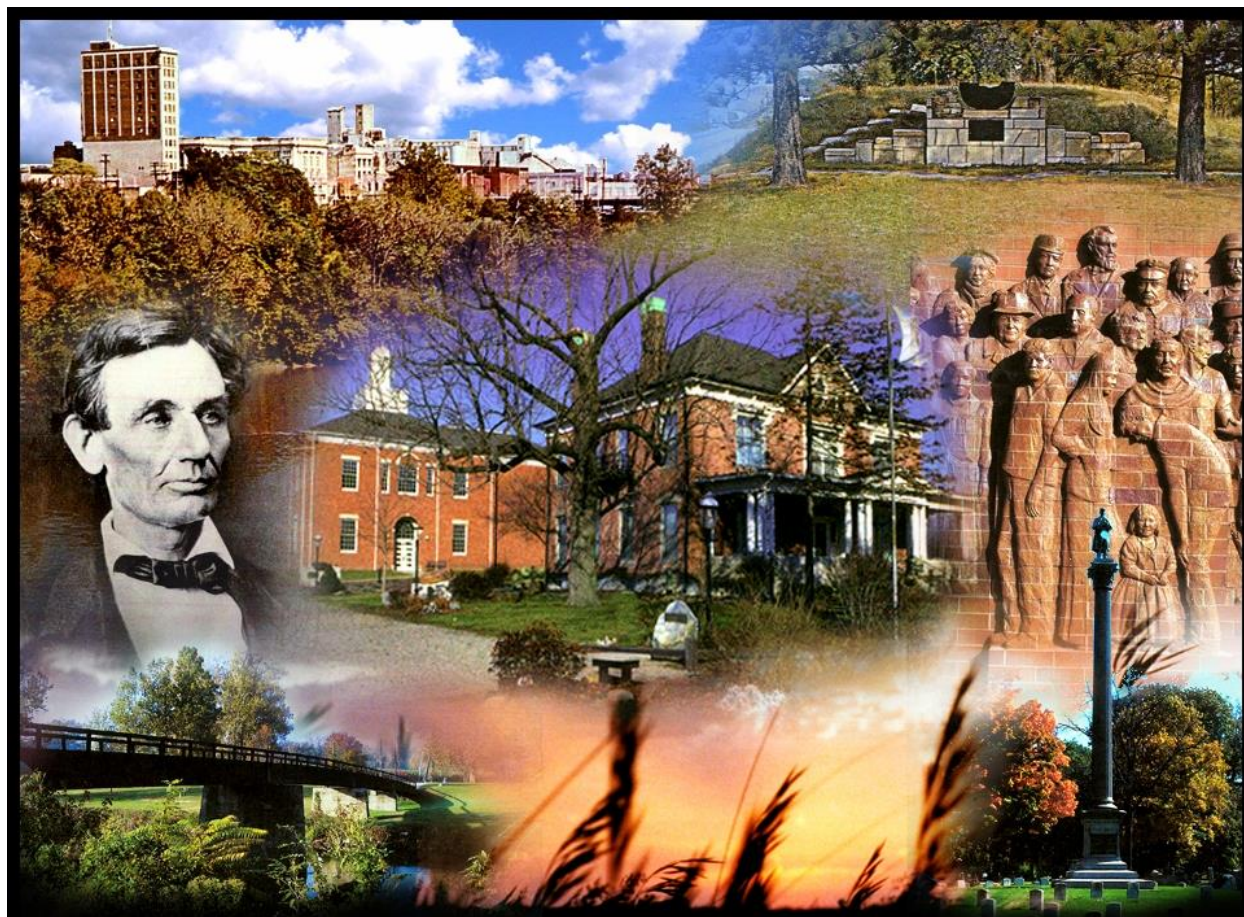
Effective Date of Appointment: Internship at the VA Illiana Health Care System will begin on Monday, July 15, 2024. The effective date of appointment is the date the intern's pay begins. All appointments are for a continuous period of 365 days. Interns may expect to be on duty during the regular workweek from 7:30/8:00 am to 4:00/4:30 pm, depending on their supervisors' schedules. Interns will receive a salary of \$33,469. Interns are not entitled to overtime pay, holiday pay, or compensatory time for hours worked in excess of eight hours in a day or 40 hours in a week. The maximum number of training hours allocated is 2,000, including paid annual leave and excused holidays. Interns are encouraged to utilize their annual leave as it accrues, so that lump-sum annual leave payments are not required. Interns are also entitled to the paid sick leave. Leave arrangements must be approved for interns by the responsible supervisor(s) and the Director of Internship Training in consideration of their schedule. Interns are also eligible to participate in the Federal group health insurance programs.



Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$33,469	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	Yes	
If access to medical insurance is provided:		
Trainee contribution to cost required?	Yes	
Coverage of family member(s) available?	Yes	
Coverage of legally married partner available?	Yes	
Coverage of domestic partner available?		No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	104	
Hours of Annual Paid Sick Leave	104	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes	
Other Benefits (please describe):		

*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table



Training Model and Program Philosophy

The Psychology Training Program has the aim of assisting interns in the development of the knowledge, skills, and techniques necessary to function as professional psychologists. Our program utilizes a practitioner/scientist model in that the emphasis is placed on the clinical work an intern might perform. Veteran care activities, such as assessment and evidence-based intervention, are typically given a higher priority than more academic pursuits, such as research and teaching. This is not because we devalue these skills; rather, it is because we perceive our site better suited to providing training in clinical interventions and assessments. The primary method used to achieve this goal is based on the tutorial-apprenticeship model. Interns work with their primary supervisor to create a clinical experience to meet their individual needs, participating directly in the work of their primary supervisor. The exact nature of the experience depends upon the intern-supervisor mix as we try to individualize training as much as possible to meet the needs of our Veterans and to provide our interns with rich learning opportunities. Our program views central aspects of training, from assessment to intervention to issues of diversity, to be best addressed "in action" and "in context." Thus, our training focuses on aspects of diversity salient and present in our local Veteran culture and region. Interns are asked to apply their knowledge of psychological science, individual differences, and group/cultural diversity directly within their patient care settings. Our tutorial-apprenticeship model is supplemented by a series of seminars, teleconferences, grand rounds, and webinars.

The Psychology training staff enthusiastically supports the VAIHCS' mission to honor Veterans by providing exceptional health care that improves their health and well-being. The Psychology staff is comprised of 21 doctoral-level psychologists, as well as a number of psychology Technicians and Addiction Therapists.



Veteran Care Functions:

Veteran care functions encompass all the empirically accepted psychological diagnostic and treatment procedures. Most Psychology staff members are assigned primarily to specific units, clinics, or neighborhoods of the medical center where they provide a full range of psychological services to Veterans, their families, and their caregivers. Diagnostic clarification is completed through integrative interviews, psychological and neuropsychological testing, and mental status determination. Reviews of records, observational data, and integrated reports are also crucial aspects of Veteran care. Individual psychotherapy and group psychotherapy are conducted in the following modalities:

- Acceptance and Commitment Therapy (ACT)
- Anger Management
- Anxiety Management
- Assertion Training
- Behavior Modification
- Biofeedback
- Brief Psychotherapy
- Client Centered Psychotherapy
- Cognitive Behavioral Therapy
- Cognitive Behavioral Therapy for Depression (CBT-D)
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)
- Cognitive Processing Therapy (CPT)
- Crisis Management
- Depression Management
- Eclectic Psychotherapy
- Existential/Humanistic Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Family Therapy
- Grief Therapy
- Guided Imagery
- Healthy Living with Chronic Conditions
- Integrative Behavioral Couple Therapy (IBCT)
- Marital Therapy
- Meaning Centered Psychotherapy
- MOVE! Weight Management Program
- Motivational Interviewing
- Pain Management
- PAIRS: Relationship Enhancement Therapy
- Problem Solving Therapy
- Prolonged Exposure Therapy (PE)
- Rational Emotive Behavior Therapy (REBT)
- Relaxation Training
- Reminiscence Therapy
- Resources for Enhancing All Caregivers Health (REACH VA)
- Seeking Safety
- Skills Training in Affective and Interpersonal Regulation (STAIR)
- Smoking Cessation
- Social Skills Training (SST)
- STAR-VA Dementia Behavioral Management
- Stress Management
- Substance Abuse Rehabilitation
- Unified Protocol

Program Aims & Objectives

Our program requires that each intern demonstrate an intermediate to advanced level of professional psychological skills, abilities, proficiencies, competencies, and knowledge in the areas of: a) Veteran conceptualization within a theoretical framework; b) methods of assessment and diagnostic clarification; c) effective treatments/interventions; d) methods of consultation, evaluation, and supervision; e) strategies of scholarly inquiry; and f) issues of cultural/individual diversity relevant to the above. The goal of these requirements is to produce entry-level graduate psychologists who can think critically about relevant theoretical and scientific literature and be able to apply this in their clinical and research work.

Program Structure

Training functions are directed toward the education and training of graduate students who are candidates for doctorates in clinical or counseling psychology. Our approach is student-centered, with a focus on work experience that parallels that of staff psychologists. These experiences are then supplemented by rotation specific and diversity readings, seminars, webinars, teleconferences, and grand rounds. The VAIHCS also has a practicum program for predoctoral psychology students with a variety of openings each year. Interns may have the possibility to provide supervision to practicum students; however, this cannot be guaranteed. Interns will have the opportunity to have a supervisory experience with each other, which is overseen by our Supervision Committee.

Psychology staff members are also active in the training of members of other disciplines, both informally through consultation and formally through seminars, classes, and workshops. There are monthly interdisciplinary didactics where trainees and staff from other disciplines collaboratively discuss topics beneficial for all disciplines.



Commitment to Diversity:

Within the Department of Psychology, our goal is to create a training environment that recognizes and values the inherent worth and dignity of every person. Our aim is to optimize the training experience through individual appreciation and clinical understanding of human diversity in all aspects of psychological practice. Our training program is committed to the ongoing process of developing multicultural competencies for our trainees and ourselves as providers and trainers. This commitment is predicated on the belief that psychology practice is improved when we develop a broader and more compassionate view of our individual differences. We are committed to offering training experiences that provide opportunities for trainees to expand their vision of the world and learn to understand the perspective of others more fully. For these various reasons, the internship program places a high value on attracting a diverse group of trainees and on maintaining an awareness of multicultural issues during the training year.

COVID-19 Impacts:

The COVID-19 pandemic has created numerous personal and professional challenges for all of us. The VAIHCS Psychology Training Program has prided itself on its transparency, providing detailed and accurate information about our program and training opportunities. While we cannot definitively predict how specific rotations or adjunctive training experiences may evolve for the 2024-2025 training year, we do not expect there to be significant changes to the base clinical services or populations served through the rotations and adjunctive experiences described in our materials. Our dedication to high-quality clinical care, psychology training, and our interns remains strong and a cornerstone of our VA.

Supervisory Assignments

As part of the orientation process, new interns spend time with individual members of the Psychology training staff during their first week of duty. The intent is to provide supervisors and interns the opportunity to become directly acquainted with each other's background, skills, interests, and resources and for the supervisors to become acquainted with each intern's goals. This also provides new interns with an overview of the range of psychological activities within our health care system. At the end of the orientation period, the Director of Internship Training, in consultation with the interns and training staff, finalizes initial intern placements, taking into account staff resources along with intern needs and interests. Initial supervisory placements are usually decided during the end of the first week of the internship.

Interns will be supervised by more than one member of the training staff throughout the year. The number and character of the supervisory placements depends upon the background, needs, skills, and goals of the individual intern. This generally is accomplished through three, four-month sequential placements. A secondary placement that runs concurrently with the primary placements can also be arranged with some rotations. A general guideline followed in making such arrangements is to provide the individual intern with the training and experience necessary to round out or complete the skills necessary for professional-level functioning. Our program refers to this model of training as "gaps before goals".

Supervision styles vary per placement and per supervisor. Monitoring is completed throughout each rotation to ensure that at least two hours of individual and four hours total of supervision is provided. Style of supervision typically includes face-to-face observation, but some supervisors also use video recording.

At this time, the VAIHCS does not have an IRB, which prohibits research with VAIHCS Veterans. However, each year, multiple interns successfully complete their dissertation during their internship through their graduate doctoral programs. Interns may be allowed 250 hours for their own dissertation research as long as other placement and intern requirements are being met. Interns must be on the grounds of the facility while completing these research hours and they must be approved by the Training Director.

An intern has the opportunity to gain valuable experience and training by providing supervised psychological services to a wide variety of Veteran populations, including psychiatric, medical, surgical, geriatric, and neurological on both an inpatient and outpatient basis. These activities are performed under the direct supervision of the doctoral-level psychologists to whom the intern is assigned. The training experiences may include (but are not limited to): individual psychotherapy, group psychotherapy, treatment planning, psychological evaluations, standardized test administration, report writing, neuropsychological assessment, stress management, relaxation training, biofeedback, contingency management, case presentations, participation in staff meetings, supervision of practicum trainees, social skills training, family therapy, program development, program administration, and staff consultation.



Training Experiences

Internship Tracks

There are two tracks to which interns can match:

1. A Neuropsychology track for those who will be pursuing a postdoctoral fellowship and career in Neuropsychology (2 positions)
2. A Standard Clinical track for those seeking strong generalist training (3 positions)

While applicants may apply to more than one track, a single applicant will only be able to match with one track. If an applicant matches with us on the Neuropsychology track, that applicant is guaranteed a major rotation and training emphasis in Neuropsychology. If an intern does not match with us on the Neuropsychology track, that placement will not be a rotation option. We want to emphasize that the Neuropsychology track is designed for those looking to specialize their training in and are pursuing careers in that area. There will be ample opportunity for assessment across all tracks for those interested in further developing, but not specializing, in that area.

Rotation Options

It is typical for interns to have three primary placements that last for four months and run sequentially. These primary placements involve a number of training options that are specific to the rotation and its population. The rotations that are available are constructed around active Veteran care programs that are occurring within the VA Illiana Health Care System. These are subject to change based on Veteran need and supervisor availability. The following rotations are available for intern placements:

- Behavioral Health Interdisciplinary Program (BHIP)
- Geriatric Clinic
- Geropsychology/Community Living Center (CLC)
- Health Promotion/Disease Prevention (HP/DP)
- Home Based Primary Care (HBPC)
- Inpatient Mental Health
- Neuropsychology
- Outpatient PTSD Clinic
- Outpatient Substance Use Disorder (SUD) Clinic
- Pain Psychology
- Primary Care-Mental Health Integration (PC-MHI)
- Psychosocial Residential Recovery Treatment Program (PR RTP)
- Community Based Outpatient Clinic (CBOC – limited availability)

See additional information about each rotation below.

Behavioral Health Interdisciplinary Program (BHIP)

Description: In this placement, psychology interns become members of a BHIP team in the Outpatient Mental Health Clinic. BHIP is a multidisciplinary team approach of mental health care professionals who provide comprehensive services to Veterans presenting with a wide variety of mental health issues. Team members include a clinical psychologist and/or social worker who primarily provide individual psychotherapy, a psychiatrist, a mental health nurse practitioner, a mid-level prescriber, and a medical support assistant. Interns will primarily work with individual Veterans (adults generally between the ages of 23 to 78), but they may also have an opportunity to work with couples, families, and groups when appropriate. Psychological interventions range from intake assessments for psychotropic medication referrals to short-term and long-term individual psychotherapy, depending on the needs and goals of the Veteran. Supervision will be provided for a variety of therapeutic approaches, including evidence-based practices such as Cognitive Therapy, Integrative Behavioral Couple Therapy (ICBT), Motivational Interviewing (MI), and Acceptance and Commitment Therapy (ACT). Interns may also gain experience with Cognitive Behavioral Therapy and psychosocial rehabilitation approaches tailored to Veterans with serious mental illnesses, such as schizophrenia and bipolar disorder. Many Veterans seen in the Outpatient Mental Health Clinic have experienced military, sexual, and/or childhood trauma, and there may be an opportunity to learn about trauma-focused approaches such as Cognitive Processing Therapy and Prolonged Exposure. Although health psychology is not a primary training focus in BHIP, interns will likely work with Veterans struggling with co-morbid medical issues such as chronic pain, diabetes, and service-connected physical injuries. There is also the possibility of interns developing new groups, depending upon the intern's skills and interests.

Interns will be encouraged to develop their own integrative style and utilize appropriate therapeutic techniques to meet the needs of individual Veterans, while also being mindful of common factors that significantly impact the process and outcome of psychotherapy. BHIP is a good experience for interns who are not only seeking experience working within a multidisciplinary mental health treatment team, but also in a complex and diverse medical setting with a wide variety of programs, clinics, and providers. Due to the nature of outpatient psychotherapy, BHIP is recommended as an eight-month split placement with another placement or can supplement other placements.



Geriatric Clinic

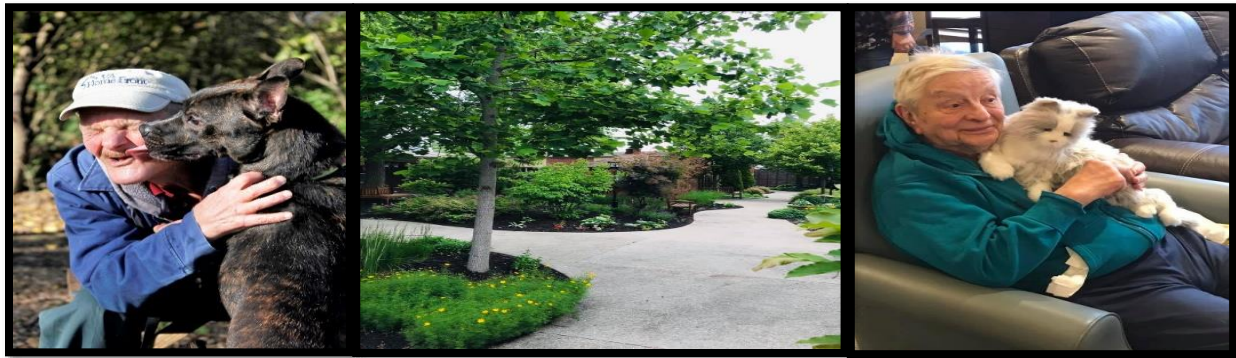
Description: Geriatric Clinic was developed to serve Veterans with multiple medical, psychiatric, and psychosocial comorbidities that are difficult to assess within the shorter time constraints of the Primary Care appointment model and that would have trouble tolerating a longer, more thorough Neuropsychological Assessment. The goal of the clinic is to provide comprehensive medical, psychological, and social evaluations; determine unmet needs; and to connect Veterans and their families with services to address their concerns. In this placement, interns will have the opportunity to work within an interdisciplinary clinic to assess Veteran's related to concerns of memory decline, behavioral changes related to cognitive decline, and caregiver support. Evaluations are completed in tangent with a Geriatric Clinic Medical Provider, Social Worker, and Nurse.

Interns will be expected to participate and lead these evaluation interviews, evaluating for mood, cognitive impairment, and aspects of their health and history that may contribute to impairment in these areas. Interns will be expected to learn functional ADL/IADL assessment measures to determine the Veteran's level of functional impairment due to their cognition. Interns will also be asked to gather collateral information from family/caregivers through the evaluation. Decision-making capacity determinations are a common referral question and interns will be involved in assessing for capacity and making those determinations. Exposure to the guardianship process and information needed for court assessments are also likely to present themselves over the rotation.

Geropsychology – Community Living Center (CLC)

Description: In this placement, interns will have the opportunity to work with older adults receiving inpatient care through the Geriatrics & Rehabilitation Service. Training experiences will be largely serving the short-stay and long-stay Veterans residing in the CLC and Veteran's Village homes. Interns will receive exposure to numerous specialty areas, including Memory Care/Dementia Specialization, Palliative Care, Mental Health Recovery/Geropsychiatry, Physical Rehabilitation, and Long-Term Care. Interns may have opportunities to lead cognitive stimulation groups and providing support to caregivers.

Interns will develop and refine their intervention and assessment skills with an aging population (Veterans over the age of 60). Veterans will have varied presentations that include comorbid psychological, neurocognitive, and physical needs. Interns will have opportunities to utilize behavior, reminiscence, meaning-centered, and cognitive stimulation therapies in both individual and group formats. Interns will conduct psychological and cognitive evaluations to assess for mood symptomology, decision-making capacity, and behavior management planning. Interns will receive training in an evidence-based behavior management program, and will have the opportunity to provide education to staff on individualized behavioral interventions and implementation of these plans. Interns will work closely with multidisciplinary teams to provide collaborative and Veteran-centered care.



Health Promotion/Disease Prevention (HP/DP)

Description: Interns in this placement will have the opportunity to work as part of the Healthy Living Team, which incorporates our HP/DP and Whole Health programs. Roles of interns include facilitating classes related to healthy lifestyle changes, such as weight loss, tobacco cessation, and management of chronic conditions. Interns may also provide evidence-based treatments in an individual setting, with particular focus on utilizing Motivational Interviewing strategies. Other individual practice involves completing psychological assessments for Veteran candidates for bariatric surgery, transplant procedures, and spinal cord stimulators.

We provide opportunities to develop and present psycho-educational materials related to healthy living. Interns attend a variety of trainings (e.g., Motivational Interviewing, TEACH for Success, Whole Health for Clinicians) and then develop skills in order to help facilitate future classes which are provided for our medical staff. The HP/DP team works closely with providers, pharmacists, nurses, and other staff members to improve their interactions and outcomes with Veterans.

Home Based Primary Care (HBPC)

Description: The HBPC program provides psychological services to Veterans who are essentially homebound due to medical conditions. The population served ranges in age from fifties through one hundred, primarily within rural settings. The clinical needs vary greatly with a predominance of adjustment, anxiety, mood, cognitive disorders, and palliative care. The intern is expected to function within a multidisciplinary team and can expect close interaction with the members of the HBPC team. Working with the HBPC Psychologist, the intern will conduct brief psychological evaluations for mood, cognition, and adjustment, more comprehensive assessments when indicated, and may develop a small therapy caseload. Working with our team and within the Veterans' homes is very rewarding, clinically challenging, and an experience unlike office-based clinical practice.



Inpatient Mental Health

Description: Psychologists in Inpatient Mental Health function as independent members of the interdisciplinary treatment teams that include a psychologist, psychiatrist, social worker, nurses, and auxiliary providers from specialized services. Veterans on the inpatient psychiatric unit have a variety of mental health concerns, including severe and persistent mental illness, major depressive episodes, and substance abuse disorders. As interdisciplinary team members, interns develop the skills to make contributions to their patients' individualized treatment plans and take responsibility for providing the psychodiagnostics, psychotherapeutic, and case management services necessary for patients' discharge and maintenance in the community. Differential diagnosis and assessment skills will be used widely in this placement.

Neuropsychology

Description: The Neuropsychology Clinic provides screening and comprehensive evaluations of psychological and cognitive functions affected by diseases and/or brain damage as well as remediation planning and follow-up services to Veterans and their families. Working from a flexible battery approach, interns learn to administer and score many standard neuropsychological tests, design individual test batteries, write interpretive reports, and provide feedback to Veterans/families. Referral questions include neurocognitive disorders, TBI, multiple sclerosis, movement disorders, and psychiatric conditions.

The full neuropsychology placement is offered only to those planning to pursue postdoctoral training in Neuropsychology or a career in Geropsychology. Interns on the Neuropsychology track will also have minor placements in Neuropsychology during their other two rotations with the length of time spent on the minor rotation determined by the involved supervisors and needs of the intern (e.g., ½ day, full day, etc.), focusing on fellowship and board certification preparation. These experiences are designed to provide clinical experiences consistent with INS/Society for Clinical Neuropsychology, and Division 40 guidelines for internship.

Pain Management

Description: This placement focuses on chronic pain patients including quick assessment and development of a pain intervention plan working in a clinic with a multi-disciplinary team. Interns in this placement develop skills in various interventions for pain management including cognitive behavioral pain management, hypnosis, biofeedback, brief motivational therapy, ACT, and mindfulness strategies. Treatment is provided individually as well as in a telehealth setting. The opportunity to co-facilitate a pain group may be available depending on patient need. Developing the skills to coordinate psychological interventions with medical treatment and family resources is a major focus.



Primary Care-Mental Health Integration (PCMHI)

Description: The philosophy of PCMHI is one of “population-based care,” which is consistent with the primary medical care model, in which a small number of non-specialty services are provided to a large number of people. Goals of this integrated biopsychosocial model of care include increased access to behavioral health consultants who provide rapid feedback, early recognition, and brief interventions of mild to moderate severity mental disorders, and improved collaborative care and management of patients with biopsychosocial issues within the primary care setting.

Interns in this placement function as interdisciplinary team members across all eight primary care teams and Urgent Care Clinic to assist the primary care physician (PCP), nurses, social workers, nutritionists, and pharmacists in managing the overall health of Veterans. The intern's role in this placement is to provide:

- Brief (30-minute) functional assessments with feedback reported directly to the referring provider.
- Triaging to appropriate specialty mental health clinics.

- Individual short-term, problem/solution-focused, behavioral activation, and/or goal-setting interventions targeted to reduce symptoms, improve health, and increase quality of life.

The basic treatment approach is based on brief patient interactions that focus on self-management of the presenting problems. Treatment typically involves addressing presenting problems such as mental health issues that can be treated in 4-6 sessions, including: mild to moderate depression, anxiety, PTSD (psychoeducation), adjustment disorders, bereavement/grief, relationship/marital concern, and diagnoses where the patient is having trouble coping with a psychosocial stressor. Additionally, behavioral health concerns will be treated such as: adjustment to medical condition, wellness interventions, sleep disturbance, sexuality, stress, tobacco use cessation, substance misuse, relapse prevention, weight management, chronic illness management, diabetes management, and difficulty with adherence to medical regimens. Treatment interventions are brief, evidence-based, educational/skills-based in nature, and emphasize practice and home-management. Interventions may include Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), Problem Solving Therapy (PST), or stress management. Referrals are generated from warm handoffs, formal and informal consultations, and positive screens on depression, alcohol, PTSD measures, etc. that are conducted by nursing during the Veteran's primary care visit.



Post-Traumatic Stress Disorder (PTSD) Clinic

Description: This rotation emphasizes the assessment and treatment of military- and non-military related posttraumatic stress disorder (PTSD) using time-limited, evidence-based, trauma-focused treatments. Interns interested in this rotation should have strong generalist skills and interest in treating trauma. It is strongly recommended that interns complete one full-time rotation followed by a split/part-time second rotation in the PCT (to allow sufficient time to finish treatment cases). Interns on this rotation will learn how to complete referrals to the clinic using interviewing and psychodiagnostic skills. Interns become members of the team, accruing a caseload and providing a full range of services to veterans on an outpatient basis. While interns have a primary supervisor, our strong team approach also allows the opportunity to work with other staff members on specific cases, in facilitating groups, etc.

An important training goal for those rotating in the PCT will be to acquire and implement a model for understanding and treating trauma that effectively addresses the biological, psychological, interpersonal, affective, and moral injuries that can result from trauma exposure. Interns will also develop a deeper

understanding of some of the unique issues involved in treating military-related trauma, including combat and military sexual trauma (MST). Special emphasis is given to learning Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) Therapy. Various PCT providers are also trained in Eye Movement Desensitization and Reprocessing (EMDR), Skills Training in Affective and Interpersonal Regulation (STAIR), Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD, Narrative Exposure Therapy (NET), and Written Exposure Therapy (WET). Based on interest, availability, and fit with training goals, interns may also have the option of observing or being trained in these treatments.

Psychosocial Residential Rehabilitation Treatment Program (PRRTP)

Description: The PRRTP is a long-term (45-90 day stay depending on the Veteran's recovery goals and needs), 35 bed (30 male, 5 female), residential rehabilitation program for Veterans enrolled in the VA Illiana Health Care System. The PRRTP mission is to provide Veterans with a bridge to a productive life in the community. Our goal is to increase the Veteran's chances for sustained recovery from exacerbated mental health symptoms and addiction while focusing on successful readjustment and reentry back into the community. Training experiences include completion of consults for those awaiting admission into the program, individual/group therapy, participation in Veteran-led community meetings, participation in staff morning meetings, participation in treatment team meetings with individual Veterans and PRRTP staff for treatment planning, and collaboration with an interdisciplinary team.



Substance Use Disorder (SUD) Clinic

Description: While SUD is, by definition, considered a substance abuse rehabilitation program with a Rational Emotive Behavior Therapy (REBT) orientation, we prefer to think of the program as primarily an REBT program that happens to focus largely, though not exclusively, on substance use disorders. The full program is a six-week, intensive outpatient program. Veterans participating in PRRTP often also participate in SUD. We offer alternative schedules for those who are unable to commit to the full SUD program. During their rotation, interns will become familiar with REBT, conduct comprehensive intake interviews, facilitate and/or co-facilitate various groups and classes (e.g., anger management, self-esteem, cravings management, cue exposure,), and provide individual therapy.

Outpatient Mental Health Community-Based Outpatient Clinic (CBOC)

Clinic Locations: Bloomington, IL, Decatur, IL, Peoria, IL, and Springfield, IL

Description: Interns at the CBOCs will learn the role of the psychologist in an outpatient community setting while interacting with professionals from many other disciplines including, Primary Care, Audiology, Nursing, and Nutrition. Opportunities include: learning about evidenced based psychotherapies such as Cognitive Behavioral Therapy for Insomnia, the Unified Protocol, Cognitive Processing Therapy, & Prolonged Exposure; collaborating with a Nutritionist while implementing Stanford University's pain management curriculum; learning about the Home-Based Primary Care Psychology program; and participating in the VA's Progressive Tinnitus Management program in collaboration with an Audiologist. Due to the distance from the Danville location, there are limited in-person options for full rotations at a CBOC clinic; however, training experiences at these locations are possible.



Example Intern Placement Schedule

Track Student Name	Rotation #1 (4 months)	Rotation #2 (4 months)	Rotation #3 (4 months)
Standard Clinical Track Intern #1	BHIP	PR RTP BHIP (2 days)	PCMHI/HPDP
Standard Clinical Track Intern #2	Pain/HPDP	HBPC BHIP	Geriatric Clinic BHIP (2 days)
Standard Clinical Track Intern #3	PTSD Clinic	Inpatient Psychology PTSD Clinic (1 day)	SUD PR RTP
Neuropsychology Track Intern #4	Neuropsychology	Geropsychology Neuropsychology (1/2 day)	Inpatient Psychology Neuropsychology (1/2 day)
Neuropsychology Track Intern #5	Neuropsychology	PCMHI/HPDP Neuropsychology (1/2 Day)	HBPC Neuropsychology (1 day)

Additional Training Experiences

Psychology interns participate in two committees during their time on internship: the Supervision Committee and the Diversity Committee. All interns across all tracks participate in our Assessment Clinic and didactic experiences.

Diversity Committee:

As part of the Diversity Committee, interns work to expand their knowledge and ability to discuss diverse topics in a professional setting. Interns take part in a monthly journal club and take turns leading a discussion about articles that they select. The Diversity Committee also works to provide education about important diversity issues in the medical center by providing a diversity presentation for the facility.

Supervision Committee:

As part of the Supervision Committee meetings, interns will have the opportunity to provide their fellow interns with supervision on both therapy and assessment cases. During each meeting, one intern will present a case while another intern provides supervision. Supervising Psychologists and the rest of the intern class are also present during this time and provide feedback about the supervision model/process and the supervision that was given during the meeting. This environment fosters the interns' ability to provide supervision and constructive feedback in a professional setting.

Assessment Clinic:

There is an assessment requirement for all our interns during the year regardless of matching in the Standard Clinical track or our Neuropsychology track. Our training staff believe that both therapeutic and assessment skills are necessary tools for psychologists to have throughout their career. For all tracks, interns will participate in a Psychological Assessment Clinic approximately one day per month to complete these WAIS-IV and MMPI-2/RF assessment requirements and to enhance their diagnostic differentiation skills. Trainings and supervision will be provided on these measures throughout the internship year.

During the internship year, the interns will be asked to administer at least four full WAIS-IVs (two observed by staff members and two unobserved) to Veterans to demonstrate administration competency. These measures are completed within the context of a clinical interview and other standard psychological measures (e.g., MMPI-2/RF, WRAT, BDI, BAI, etc.) to complete integrative reports answering the specific referral questions. Typical questions have included ADHD or inattention complaints, learning disabilities, diagnostic clarification, and looking at strengths and weaknesses for occupational or treatment planning.

Interns are also required to demonstrate competence with the interpretation of the MMPI-2/RF. Interns will work to demonstrate a basic understanding and appropriate interpretation of the MMPI-2/RF, including the variety of its utility.

Didactics:

Interns participate in a two-hour weekly generalist in-person intern seminar series weekly. Topics are selected on the basis of the needs and interests of interns, staff, and Veteran care needs. Members of the

psychology staff, other facility webinars, and other hospital personnel conduct the seminars. They cover a number of areas, such as use and interpretation of major psychodiagnostics techniques, innovative psychotherapeutic approaches, psychoactive agents, psychopathology, ethical and professional issues, and issues of individual/cultural diversity. There is also a monthly interdisciplinary didactic that trainees and staff facility wide participate in covering medical and mental health topics.

There are also multiple other didactics throughout the week that are available, with some being mandatory for an intern's rotation. As an example, when on the Neuropsychology rotation, the intern is required to attend the bi-weekly neuropsychology didactics. Other training activities include interdisciplinary treatment team meetings, grand rounds, teleconferences, case presentations, hospital wide didactics, ombudsperson meetings, diversity journal club, webinars, supervision committee meetings, and Mental Health Service meetings. Psychology staff and interns are periodically invited to the training experiences organized by other disciplines, the entire facility, or outside agencies. Presentations worthy of note to psychologists have included Albert Ellis on Rational-Emotive Therapy, Gordon Paul on Treatment Approaches for Chronic Patients, Francine Shapiro on Eye Movement Desensitization and Reprocessing, Yossef Ben-Porath on MMPI-2, Paul Arbisi on MMPI2/RF, Elisabeth Kübler Ross on Death and Dying, Nadya Fouad on Multicultural Competency Guidelines, Paul Hauck on Overcoming Depression and Anxiety, and Carol Falender on Competency Based Supervision. Interns may also receive leave to attend special training opportunities at other sites.

Facility and Training Resources

Interns are provided with individual office space and secure networked computers necessary for Veteran care and administrative responsibilities. The most current psychological testing material is also available through the computerized record and various clinics. The VAIHCS Library provides employees and trainees with a variety of general, patient education and medical resources. Computer access to electronic resources is available via the VHA National Library.

Requirements for Completion

The internship is a one-year placement experience requiring 40 hours per week. The maximum number of training hours allocated is 2,000. Each intern is expected to devote 25% of their time to direct patient contact which includes "face-to-face" intervention for any type of group or individual therapy, psychological testing, rounds, or education. Successful completion of the internship requires a minimum of 500 hours of direct patient contact. Interns have the primary responsibility for seeing that they fulfill training requirements.

Interns will receive formal, written evaluations at the middle and end of each rotation from the rotation supervisor(s). Additionally, interns will be asked to provide written and oral feedback regarding their internship experiences at the end of each rotation and the year to the Directors of Internship Training.

It is expected that throughout the internship and upon completion of the program all interns will maintain good standing by achieving and demonstrating competence in the following sixteen general areas:

1. Professionalism
2. Individual and Cultural Diversity
3. Ethical Legal Standards and Policy
4. Reflective Practice/Self-Assessment/Self-Care
5. Relationships
6. Scientific Knowledge and Methods
7. Research/Evaluation
8. Evidence-Based Practice
9. Assessment/Diagnosis
10. Intervention
11. Consultation
12. Teaching
13. Supervision
14. Interdisciplinary Systems
15. Management-Administration
16. Advocacy

Administrative Policies and Procedures

Authorized Leave

The VA Illiana Health Care System's policy on Authorized Leave is consistent with the national standard. Intern applicants are welcome to discuss their questions or concerns with the Training Director.

Due Process

Our internship program follows due process guidelines to assure that decisions are fair and nondiscriminatory. All trainees are afforded the right to due process in matters of problematic behavior and grievances. A due process document is distributed to every intern in the internship training manual during orientation and subsequently reviewed with the Directors of Internship Training. The manual also contains information regarding expected performance and conduct, the evaluation process, procedures for making decisions about problematic performance and/or conduct, remediation plans including time frames and consequences for failure to rectify problems, and procedures for appealing the program's decisions or actions. A copy of our due process policy is available on request.

Privacy Policy

No personal information is collected from interns when they visit our website.

Self-Disclosure

We do not require interns to disclose personal information to their clinical supervisors except in cases where personal issues may be adversely affecting an intern's performance and such information is necessary to address these difficulties. Reasonable accommodations can be sought through Human Resources.

Staff Biographies

Alexius Q. Babb, Psy.D. (she/her/hers)

***Position:* Primary Care Mental Health Integration Psychologist**

Bio: Dr. Babb is a clinical psychologist at VA Illiana specializing in primary care mental integration (PCMHI). Dr. Babb completed her postdoctoral fellowship with the East Hawaii Rural Health Clinics and her internship at the University of Texas Health Science Center in Tyler. With clinical expertise in delivering brief cognitive-behavioral psychotherapeutic interventions, Dr. Babb works with adults with co-occurring mental and physical health conditions. Her additional clinical and research areas of interest include BIPOC and LGBTQ health outreach and equity, multicultural competence in psychotherapy practice and supervision, the intersection of chronic illness management and behavioral health for BIPOC, medically unexplained symptoms, race-based medicine, and the impact of physician empathy on treatment adherence and compliance. Dr. Babb is an avid traveler, loves good food, and a die-hard fan of 2-D animation, urban lore, suspense manga, science fiction thrillers, and graphic novels.

Michelle Drzewiecki, Ph.D. (she/her/hers)

***Position:* Neuropsychologist**

Bio: Dr. Drzewiecki was born and raised in Northwest Indiana with Chicago in her backyard. She was driven by a desire to help others and initially pursued careers as an EMT and researcher. She soon discovered these career pursuits were not for her, but they helped to lay a stepping stone in her identifying and developing a passion for clinical psychology. She completed her PsyD in clinical psychology at the Chicago School of Professional Psychology in Chicago, IL and she ventured deeper into the Midwest to Nebraska to complete internship. After internship, she returned to the Chicagoland area to complete a 2-year APPCN Neuropsychology fellowship at Edward Hines, Jr. VAMC. After tiring of the hustle and bustle of city life she journeyed to her current position at the Illiana VA where she enjoys working as a neuropsychologist and enjoying a different pace to life. She has specific clinical interests in the neuropsychological sequelae of medical, neurological, and psychiatric illness as well as polytrauma/TBI. When she is not at the VA you can often find her outdoors chasing after her toddler and two huskies. Specific activities she enjoys includes hiking, kayaking, watching local sports (go boilermakers!), bird-watching, or simply relaxing on a hammock at home. If you need a lint roller during your internship year, she probably has one...or five.



Stephanie Ericksen, Ph.D.

Position: *Chief of Mental Health; PTSD Psychologist*

Bio: Dr. Ericksen grew up in the suburbs of Chicago, but now strongly prefers corn and soybean fields to the hustle and bustle of the big city. She graduated from the University of North Texas after completing an internship at VAIHCS and was hired as the Iraq/Afghanistan psychologist in the PTSD clinic upon completion of her internship in 2010. In 2016, she became the coordinator of the PTSD clinic. In 2020 she became the Chief of Psychology and 2021 the Chief of Mental Health. In addition to overseeing the functioning of the service, she is happiest when providing evidenced based interventions to Veterans diagnosed with PTSD. When not working at the VA, Dr. Ericksen enjoys spending her remaining waking hours taking her teenagers to their numerous sporting events and extracurricular activities.

Julie Fitzgerald Smith, Ph.D., ABPP (she/her/hers)

Position: *Chief of Psychology; Neuropsychologist*

Bio: Dr. Fitzgerald Smith was born and raised in lake country Minne-soota, lost the Fargo accent long ago, continues to love the movie, and she makes a mean tater tot hotdish. Graduated from the University of North Dakota with her Ph.D. in Clinical Psychology after completing her internship at the Ann Arbor VAMC. Decided to stay out east in Michigan to escape the ND tundra and completed an APPCN Neuropsychology fellowship at Henry Ford Health System. Figured out Michigan was not any warmer than ND after a few years and both had massive amounts of snow so left for the tropics of Illinois where she finished her Board Certification (ABPP-CN). Her clinical interests include Assessment, Neurological diseases, and Neuropsychology. She loves most anything to do with brains and will pull students, Neuropsych focused or not, in from the hallway to look at MRIs or CT scans if she sees you passing by and she's looking at a fascinating image. She greatly enjoys working with her patients and teaching from 8-4:30 M-F and the rest of her time is spent on the water any chance that she gets.

Kyle Foskett, Psy.D.

Position: *Peoria Community Based Outpatient Clinic Psychologist*

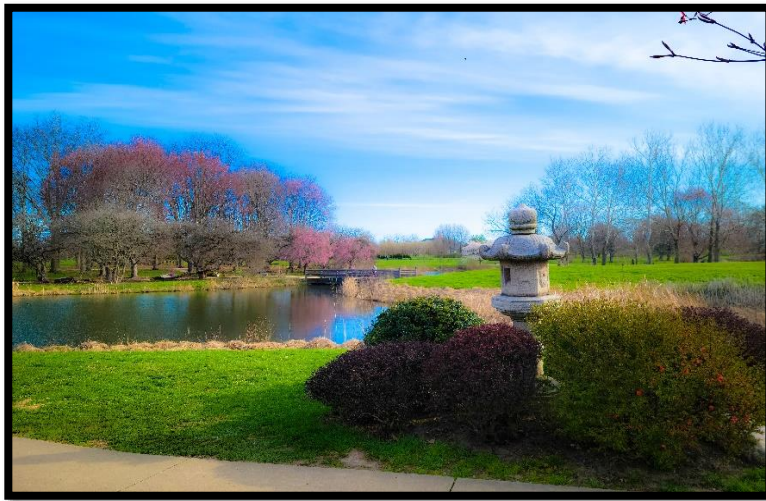
Bio: Dr. Foskett received his Psy.D. in Clinical Psychology from the Illinois School of Professional Psychology in 2014 and has worked for VAIHCS since. He serves on the front lines at the Peoria CBOC, providing psychotherapy for a wide range of presenting concerns and diagnoses. He is especially interested in the treatment of Depression and PTSD and applies his background in Motivational Interviewing, Acceptance and Commitment Therapy, and Cognitive Processing Therapy to provide high-quality treatment to his Veterans.

Stephanie Holt, Ph.D. (she/her/hers)

Position: *Health Behavior Coordinator, Health Psychologist*

Bio: Dr. Holt was born and raised in the St. Louis area and continues to bleed "Cardinal Red" while living in Central Illinois. She graduated from Ball State University (where, incidentally, the mascot is the Cardinals) with her Ph.D. in Counseling Psychology and completed her internship at the fabulous VA Illiana in Danville, Illinois. After spending a year with supervisors she enjoyed as an intern, she was able to join the team as a colleague at the Peoria VA Outpatient Clinic. She spent seven years working in the

outpatient clinic and attending as many trainings as possible before joining the Health Promotion/Disease Prevention team and getting back to her love of Health Psychology. You will rarely find Dr. Holt in Mental Health as the vast majority of her work is done in Health Promotion/Disease Prevention and Whole Health. She loves the variety of her job which could include teaching a class, organizing an event and completing a psychological assessment in the same day. Her clinical interests include motivational interviewing, clinical coaching, bariatric/organ transplant evaluations and evidence-based treatments. Her free time is spent hanging with family and friends, watching or coaching sports, and taking advantage of any time to get away for an adventure.



Melissa Horne, Psy.D.

***Position:* Psychology Supervisor of Specialty Programs/ Psychosocial Residential Rehabilitation Treatment Program Psychologist**

Bio: Dr. Horne received her Psy.D. in Clinical Psychology from the Illinois School of Professional Psychology at Argosy University, Schaumburg in 2018. She completed her internship at State Operated Forensic Services in St. Peter, MN, where she provided therapy, assessment, and testimony regarding an individual's readiness for discharge to the community. She splits her time between administrative duties and providing clinical care on PR RTP. On PR RTP, she provides care for substance dependence, grief, depression, anxiety, and trauma. Her clinical interests also include forensics, pre-employment police evaluations, and substance use treatment. When she is not at work you can usually find her spending time with her dog or family, at a local park, or playing video games.

Charlene Johnson, Psy.D., HSPP

***Position:* Post Traumatic Stress Disorder/Substance Use Disorder (PTSD/SUD) Psychologist; Acting Inpatient Psychologist**

Bio: Dr. Johnson was born and raised in Indiana. She married her high school sweetheart and had a lifelong dream of becoming a psychologist. As her children completed high school, her family encouraged her to return to school and follow her own dreams. She earned her Psy.D. from Indiana State University in Terre Haute, Indiana. Dr. Johnson completed her internship here at VA Illiana HCS with a focus on trauma recovery. The psychologists that worked in this facility were so kind and supportive that she could not

imagine working anyplace else! She was offered the position as the PTSD/SUD psychologist and happily accepted the position. Dr. Johnson specializes in treating veterans with comorbidities of PTSD and SUD issues. In her work on the Inpatient Mental Health Unit, she meets with veterans with varying mental health concerns. She loves spending time with her family, going to the beach, working puzzles, spending time her animals, and listening to music.



Katie Keil, Ph.D. (she/her/hers)

***Position:* PTSD Psychologist; Military Sexual Trauma (MST) Coordinator**

Bio: Originally from central Illinois, Dr. Keil attended the clinical psychology program at the University of Kansas (2015). She got back to her roots for internship at VAIHCS and found she loved the emphasis on quality clinical care, enthusiasm for training, and collegiality amongst staff. She was very glad to join the PTSD Clinical Team following internship and has since served as the MST Coordinator. She loves her work and gets pretty jazzed about a good trauma-focused, evidence-based treatment. She'll tell any who ask that the mental health family at VA Illiana is second to none! In addition to being a proud Hufflepuff and vegan, she's an environmental enthusiast and readily admits to fishing recyclables out of trash cans around VA (amongst other charming habits). In her free time, her favorite activity is "hiking" with her family. The term is used loosely, as it primarily involves her four-legged kid pulling her up and down small hills in pursuit of local wildlife while her two-legged kid wanders off towards some dangerous (thus, highly interesting) situation in the opposite direction.

Shelby McCallister, PsyD (she/her/hers)

***Position:* Behavioral Health Interdisciplinary Program Psychology Staff**

Bio: Dr. McCallister was born and raised in central Illinois. She earned her Psy.D. from Adler University in Chicago – Go Cubbies! Her passion for serving Veterans developed during undergrad as she was living near an Army post at the time and had several loved ones who were serving in the military. Dr. McCallister completed her internship at the North Florida/South Georgia VA in Gainesville, Florida in 2021. She was offered a staff position here in Danville, Illinois and was happy to return home to friends and family despite missing Florida's beaches. Dr. McCallister takes an integrative approach in therapy, but her primary theoretical orientation falls under the interpersonal/psychodynamic umbrella. She also has

completed the VA training for Cognitive Behavior Therapy for Insomnia. Dr. McCallister is a proud dog mom to two Australian Shepherds and has plenty of pictures and videos of them to prove it. She also enjoys traveling, painting, outdoor activities, and decorating.

Aaron Michelson, Ph.D.

***Position:* Behavioral Health Interdisciplinary Program Psychologist**

Bio: Dr. Michelson spent his first 31 years of life in (hella) sunny California. He was born in the East Bay, grew up in Palo Alto, was a psychology undergrad at UCLA, and received his Ph.D. in clinical psychology at the Pacific Graduate School of Psychology (now known as Palo Alto University). His first serious foray out of Cali was his clinical internship at the West Haven VA in Connecticut, which really cemented his love for working with Veterans. (He does admit that he missed the sidewalks, temperate weather, bike lanes, and burritos back home though!) He then completed his post-doctoral residency in psychosocial rehabilitation at the Bedford VA in Massachusetts before coming here to VAIHCS. Working with a (traditionally underserved) rural Veteran population has been extremely fulfilling and valuable. Much of his past training experiences focused on serious mental illness, but he has always tended to gravitate towards deeper cognitive-behavioral approaches with a primarily humanistic focus. Although he is an ardent advocate of client-centered therapy over ‘therapy-centered’ therapy, he has specific interests in Acceptance and Commitment Therapy, Schema Therapy, and trauma-focused therapy (including Cognitive Processing Therapy). Psychotherapy research has always been his greatest passion, particularly research on process/outcome, common factors, integrative psychotherapy (including technical eclecticism), and client-therapy matching.



Brandy Mysliwec, Psy.D.

***Position:* Primary Care Mental Health Integration Psychologist**

Bio: Dr. Mysliwec is a true Midwesterner. Raised in South Bend, Indiana, she completed her doctorate at Central Michigan in 2018. After an internship with State Operated Forensic Services in St. Peter, MN, she swung back closer to home by accepting a position in Primary Care-Mental Health Integration at this VA. She and her husband have been chasing around their toddler and his super energetic pup partner in crime. She enjoys the cross-state (and cross-time zone) commute by relistening to the Lord of the Rings and the Hobbit on audiobook. Beyond PCMHI, she has interests in Forensic Science, tap and jazz dance (all of which she minored in!), and movies, which were the theme for her wedding – complete with outdoor theater seating and films on the big screen. She is also busy trying to reorganize the mess that her toddler and puppy make on their adventures.

Keena Peek, Psy.D.

***Position:* Bloomington Community Based Outpatient Clinic Psychologist**

Bio: Dr. Peek received both her Master's and Doctor of Psychology degrees in Clinical Psychology from Wheaton College (IL). She has had the privilege of working in a wide variety of clinical settings over the course of her career including community mental health, inpatient hospital programs, assisted living centers, private practice, and maximum-security prisons for both men and women. Hailing from Tennessee, she loves all things southern—including oppressive heat and humidity. Areas of professional interest include the neurobiology of attachment, various psychodynamic psychotherapies, sensorimotor psychotherapy for the treatment of trauma, and exploring effective strategies for reducing recidivism in formerly incarcerated individuals. She attempts to balance her coffee addiction with other more healthful activities including yoga, walking and the occasional venture into CrossFit. She enjoys art, all types of music and is in the process of learning French. She has four children, all of whom are adopted from Guatemala.

Ashley Shenberger, PsyD, ABPP-CP

***Position:* Springfield CBOC Behavioral Health Interdisciplinary Program (BHIP) Psychologist**

Bio: Dr. Shenberger was born and raised on the south side of Chicago and earned her doctorate from The Illinois School of Professional Psychology in 2013. She is Board Certified in Clinical Psychology and serves as the Midwest Director and Mentorship Coordinator for the American Board of Professional Psychology, Clinical Psychology. She is active within APA's Division 19 Military Psychology, and serves several leadership roles including APA Convention Chair for Programming and Society Leadership Program Manager. She served 11 years as an Active Duty Navy Psychologist and completed her internship at Walter Reed National Military Medical Center in Bethesda, Maryland. She completed tours at Recruit Training Command Great Lakes, Joint Task Force Guantanamo Bay, Naval Submarine Base Kings Bay, and The Captain James A Lovell Federal Health Care Center. Her areas of interest include performance psychology/enhancement, relationship concerns, mood and anxiety issues, occupational distress, trauma and grief and loss. She works closely and collaboratively with her patients to establish a strong therapeutic alliance in a solution-focused approach primarily utilizing Cognitive Behavioral Therapy and Emotion Focused Therapy. She enjoys educating her patients on the many benefits of mindfulness practice impacting mental health, performance and overall present moment awareness. She also utilizes Battlefield Acupuncture as an adjunctive/non-medication alternative to other invasive or medication treatments. On a personal note, Dr. Shenberger has a passion for rescuing dogs, CrossFit, and yoga. She achieved her Yoga teaching certification in 2012 and has taught all over the world since then.

Chelsey Siville, Psy.D. (she/her/hers)

***Position:* Clinical Psychologist, PTSD Clinic; Evidence-based Psychotherapy (EBP) Coordinator; Women's Mental Health Champion**

Bio: Dr. Siville is originally from Indiana and has spent almost equal years back-and-forth between there and Florida. She graduated from Indiana University with a master's and specialist degrees in counseling psychology. After working for a few years as a therapist at an inpatient psychiatric hospital, she decided to return to school (glutton for punishment?) and received her Psy.D. in Clinical Psychology from the Florida School of Professional Psychology. A long-standing passion for working with Veterans and an aversion to intense heat and humidity led Dr. Siville back north to complete her internship at VA Illiana Health Care

System (VAIHCS). She loved her time at VAIHCS so much that she accepted a psychologist position in the PTSD Clinic. Dr. Siville is also VAIHCS's EBP Coordinator, responsible for advancing relevant EBP training amongst providers. She is also the facility's Women's Mental Health Champion, serving as a point of contact, disseminating information, and contributing to local program development to advance gender-sensitive mental health services. Dr. Siville's clinical interests include trauma and related consequences, assessment, evidence-based treatment, and gender-sensitive mental health services. She takes a developmental and strengths-based approach to supervision, helping reinforce a trainee's foundational skills while also guiding them in expanding and honing their skill set to feel comfortable and confident in their abilities. Dr. Siville's personal interests include almost anything related to plants and gardening, spending time with family, binge-watching Netflix, drive-in movies in the summer, and bonfires in the fall.



Patricia Smithmyer, Psy.D. (she/her/hers)

***Position:* Director of Psychology Training; Geropsychologist**

Bio: Dr. Smithmyer was born and raised in rural Northwest Ohio. Her love of older adults developed while working in a community nursing home during her high school years and it never went away! She decided to embark on the Lord-of-the-Rings style journey to become a Geropsychologist (Gandalf wizarding skills remain a work in progress). She completed her Clinical Psy.D. with a concentration in Geropsychology at Xavier University in Cincinnati, Ohio. She completed her internship here VA Illiana HCS in 2014 and loved it so much she didn't want to leave. She was offered a staff position and decided to trade the cornfields of Ohio for the cornfields of Illinois. Dr. Smithmyer specializes in management of dementia-related behavioral concerns, rural care and underserved populations, and geriatric mental health. She loves learning new things, movies, exploration, board games, and photography. We can also guarantee that you will hear Dr. Smithmyer quoting The Office and obscure television/movie lines over your internship year.

Bridget Tribout, Ph.D.

***Position:* Home-Based Primary Care Psychologist**

Bio: Dr. Tribout spent most of her formative years on the East Coast, enjoying the ocean, visiting NYC, and refining her East Coast Style. She then left for middle Earth, which she was told was located somewhere between the two coasts, to pursue her PhD in Clinical Psychology at St. Louis University (Go Billikens!). From there she headed down south to Razorback country to complete her APA internship at the Central Arkansas VA HCS. She enjoyed all that Little Rock had to offer including the best BBQ in the

world. She was hired on as staff directly out of internship and got to dabble in PTSD and Health psychology. Four years later, she flew off to Illinois to hang out with the old folks and she's been at VA Illiana ever since. She fell in love with the aging population and relates to them more and more each day. Dr. Tribout has a passion for working with Veterans and their families as well as helping them to deal with the challenges of dementia and other chronic health conditions experienced by older Veterans. She also has the honor of working with older adults in their homes through her role as the Home-Based Primary Care Psychologist. When she is not working with Veterans and caregivers, you can find Dr. Tribout playing with her little people, decorating (she loves her some Chip and Joanne!), or hanging out with her pony – that is, a three year-old, 140-pound St. Bermastiff (St. Bernard and English Mastiff mix).

David Weidner, Psy.D.

Position: Peoria Community Based Outpatient Clinic Psychologist

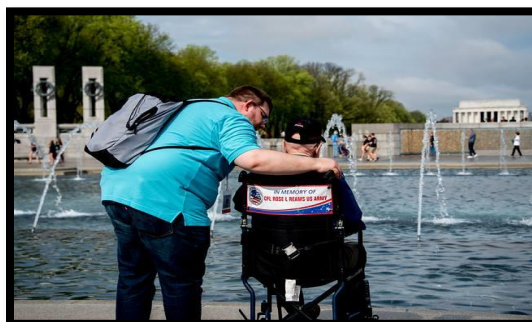
Bio: Dr. Weidner received his Psy.D. in Clinical Psychology from Wheaton College here in Illinois. His clinical interests include sleep disorders, PTSD, tinnitus, and whole health. He has implemented various evidence-based groups at the Peoria CBOC, including Prolonged Exposure Therapy and the Unified Protocol in a group format. As a National VA Training Consultant he enjoys training therapists and working with Veterans helping them find better ways to get a great night's sleep!

Jinxin Zhang, Psy.D.

Position: Behavioral Health Interdisciplinary Program (BHIP) Psychologist; BHIP Psychology Supervisor

Bio: Dr. Zhang was born in China and raised in New Jersey. She earned her Psy.D. from Nova Southeastern University in Ft. Lauderdale, FL. Dr. Zhang went on and completed her internship and postdoc at the Bedford VA in Massachusetts where she specialized in addictions and psychosocial rehabilitation. She briefly sought the warmer climates of the south at the Atlanta VA before deciding to break out of her east to south coast comfort zone and see what the Midwest is all about. Dr. Zhang currently serves as the BHIP Psychology supervisor at VAIHCS. Her predominant theoretical orientation is third wave evidence-based psychotherapy with some psychodynamic underpinnings. She has additional interests in meditation and mindfulness. She is an unapologetic foodie and plans her vacation stops around food. She also enjoys nature and yoga.

*It is anticipated that additional psychology staff will be on board by the 2023-2024 internship year. VAIHCS has several new staff onboarding this summer/fall and is in the process of hiring additional psychologists.



Setting

About the VA Illiana Health Care System:

The VA Illiana Health Care System (VAIHCS) is an academic medical center that is affiliated with the University of Illinois and Carle Hospital. We are privileged to provide primary and secondary medical care, surgical care, acute psychiatric care, extended long-term care with skilled nursing, physical rehabilitation, palliative care, and integrated dementia care for those who have honorably served our country. The main campus is located in Danville, Illinois, with a full-service outpatient clinic in Peoria, Illinois and community-based outpatient clinics in Bloomington, Decatur, Mattoon, and Springfield Illinois.

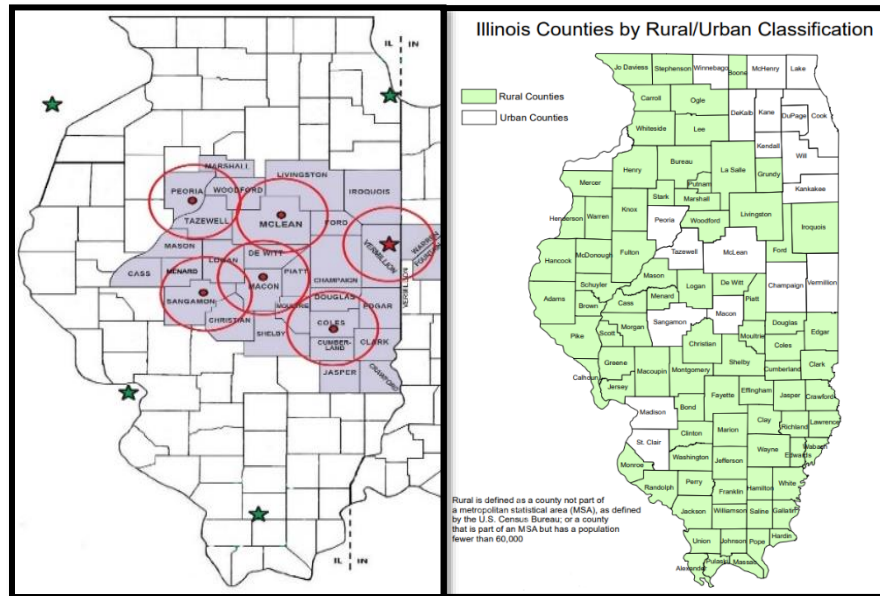
The VA Illiana Health Care System was one of the original hospitals or “homes” established after the Civil War, with the location opening in 1898. At one time during its history, the Danville “home” served nearly 4,000 soldiers. Although the resident population has decreased appreciably since that time, the services and physical aesthetics have expanded and improved. The name was changed from “Danville VA” to “VA Illiana Health Care System” in 2001. Major modernization and construction have occurred since that time, leading to the development of a full range of medical services.



The 215-acre Medical Center grounds are beautifully landscaped with wooded areas, spacious lawns, lake, gardens, and picnic areas. There are nearly three miles of concrete walkways, making all parts of the park-like grounds accessible to Veterans, staff, and visitors. We also have an extensive online library, canteen shop, cafeteria, chapel, healing gardens, regulation bowling alley, and gym. The VA Illiana HCS also shares its grounds with the Danville National Cemetery, which is currently on the National Register of Historic Places.



The VAIHCS offers rich opportunities to work with highly rural and underserved Veterans. The catchment area covers several hundred square miles of rural Illinois and can take up to four hours to reach the Danville, Illinois medical clinic. There are 29 counties that are served by the VAIHCS, with 18 of those being classified as “rural” by the census. Central Illinois is also considered an underserved area of the state, with median household incomes near \$37,000 in the Danville area.



The VAIHCS is well suited to provide broad generalist training to those interested in contributing to the expansion of the mental health services in under-resourced and disadvantaged rural areas. Interns will have the opportunity to work creatively with staff to meet the varied and critical needs of a Veteran population who often suffer with complex medical and mental health conditions amid a myriad of psychosocial stressors. Interns will learn ways of overcoming the many obstacles that go with rurality and poverty and development of these skills is a priority of the VAIHCS internship program. Throughout the training year, interns get experience providing services to individuals who will have different personal/cultural history and views. To assist interns in navigating individual and cultural differences with both clients and coworkers, our internship program provides numerous didactic seminars and discussion hours devoted to individual and cultural diversity.

The VAIHCS also places considerable emphasis on the education and training, particularly within an interdisciplinary setting. Professional training is not only provided to psychology students but also to students of the following specialty areas: psychiatry, audiology and speech pathology, dietetics, general medicine, music therapy, nursing, occupational therapy, optometry, physician assistant (PA), pharmacy, physical therapy, podiatry, recreation therapy, and social work.

The Central Illinois Area

The main campus of the VAIHCS is located in Danville, Illinois. The city of Danville has a population of approximately 33,000 and is centrally located between Indianapolis Indiana, Chicago Illinois, and Saint Louis Missouri. The city of Danville maintains eight parks and recreation areas. Three county parks and a state recreation area provide campgrounds, picnic sites, fishponds, hiking trails, scenic views and other attractions for the entire east-central Illinois area. Recent attractions in the Danville area include the Balloons over Vermilion festival, the Festival of Trees, the Summer Sounds Concert series, local Pride events, and the Covered Bridge Festival.



The VAIHCS is located near several major Universities, with the University of Illinois- Urbana/Champaign, a Big 10 conference member, being the largest in the immediate area. Other nearby universities include Indiana State University and Purdue University.

Danville is proud of its community symphony, theater, light opera guild, choral societies, and art league. The city has numerous murals and art installations that depict its reach history. The Krannert Center for Performing Arts and the Assembly Hall at the University of Illinois provide the settings for performances by internationally renowned entertainment. The area includes several historic theaters that feature both locally and nationally renowned films, musicians, comedians, and theatre acts. Danville is also proud of their baseball team, the Danville Dans, and their hockey team, the Vermilion County Bobcats. Champaign, Illinois also hosts its annual Illinois Marathon.

As a bonus, Danville comes with a low cost of living!



**All pictures used throughout the brochure were taken at VA Illiana HCS and its surrounding areas!*